



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

CITY HEIGHTS SWIM CENTER

4380 Landis Street • San Diego, CA 92105 • (619) 641-6126 • www.sandiego.gov

SUMMER 2010 PROGRAM

HOURS EFFECTIVE JUNE 28 - SEPTEMBER 6, 2010

LAP SWIM

Monday/Wednesday	9:00 am - 7:30 pm
Tuesday/Thursday	10:00 am - 7:30 pm
Friday	9:00 am - 3:30 pm
Saturday/Sunday	12:00 pm - 4:00 pm

RECREATION SWIM

Monday - Friday	12:00 pm - 3:30 pm
Monday/Wednesday	6:15 pm - 7:30 pm
Saturday/Sunday	12:00 pm - 4:00 pm

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

HOLIDAY HOURS: July 5 12:00 pm - 4:00 pm

LABOR DAY, September 6 12:00 pm - 4:00 pm

FACILITY ADMISSION FEES

Adults (16 years & older)	\$4.00
Child/Disabled/Senior	\$2.00

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

DISCOUNT PASS FEES

Passes expire one year from the date of issue and can be used at any City pool.

Adults (16 years & older)	\$100.00/30 swims
Adults (16 years & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

WATER FITNESS

ABC, Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

Monday/Wednesday/Friday 9:00 am - 10:00 am
Tuesday/Thursday 6:15 pm - 7:15 pm

Adults/Seniors \$3.50/class

DISCOUNT PASS \$30.00/10 Classes

KEEPING THE POOL CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Patrons must abide by the "no street shoes on the pool deck" rule

RENTALS: All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

NON-RESIDENTS: Rates listed are for residents only. Proof of residency will be required. Non-residents must pay twice the resident rate.



All City of San Diego parks, pools, and beaches are smoke free

YOUTH WATER POLO (ages 6–17)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship.

Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday/Thursday

\$25.00/Month

Youngers

4:30 pm – 6:00 pm

Olders

5:00 pm – 6:30 pm

LEARN TO SWIM CLASSES

Swim lessons are designed to teach children, teens, and adults to swim in a positive, fun, and safe environment and are taught by Park and Recreation Pool Guards, who are American Red Cross certified Water Safety Instructors.

REGISTRATION

Registration will begin, by mail, May 10th.

MAIL-IN FORMS AVAILABLE AT POOL.

For full descriptions of all classes, please contact the Pool Manager or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>

Walk-in registration begins June 12th at 9:00am for any classes that are still available. Class cost is \$53.75 per session.

SESSION DATES

SESSION 1 June 28 – July 9 (no class 7/5)

SESSION 2 July 12 – July 22

SESSION 3 July 26 – August 5

SESSION 4 August 9 – August 19

SESSION 5 August 23 – September 2

CLASS SCHEDULE

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Visit above web site for more details.

MORNING CLASSES – Begin Session 3

10:00 am – 10:40 am Tiny Tot Beginner 1

10:45 am – 11:25 am Parent/Tot Tiny Tot

AFTERNOON CLASSES – All Sessions

4:00 pm – 4:40 pm Parent/Tot Tiny Tot Beg. 2

4:45 pm – 5:25 pm Tiny Tot Beg. 1 Beg. 2

5:30 pm – 6:10 pm Adv. Tot Beg. 1 Beg. 3 Adult

REFUND POLICY: Extra care should be given to the selection of classes. There are **NO REFUNDS**. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

CITY OF SAN DIEGO SWIM LEAGUE

CSDS is recreational swim organization for youth ages 5–17 years old which offers a quality, safe program that is committed to developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego pools. Prerequisite: completion of Beginner 3 Level or Pool Manager's approval.

SILVER TEAM

Monday – Thursday

6:30 pm – 7:45 pm

\$35.00/Month

WHITE TEAM

Monday/Wednesday

5:00 pm – 6:30 pm

\$25.00/Month

COMPETITIVE SKILLS TEAM

Tuesday/Thursday

6:00 pm – 7:30 pm

\$25.00/Month

VOLUNTEERS NEEDED!: Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

DONATIONS: By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

SAFETY CHECKS: There may be ten-minute safety checks conducted every half hour during Recreational Swim hours.

EMERGENCY TESTING: All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

• All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

• City of San Diego Swimming Pools may close without notice during inclement weather conditions.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.